



# HERITAGE



**CITY MANAGER**

Eileen Donoghue

**Assistant City Manager**

Kara Keefe

**City Council****Mayor**

William J. Samaras

**Vice Mayor**

Vesna Nuon

\*\*\*\*\*

Karen A. Cirillo

David J. Conway

Rodney M. Elliott

Edward J. Kennedy, JR

John J. Leahy

Rita M. Mercier

James L. Milinazzo

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax:

978-446-7270

**SENIOR CENTER  
SERVICES****Main Number:****978-674-1172**

Fax: 978-970-4134

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**Hours of Operation:**

Monday—Friday:

Open **6:30 AM—4:00 PM**

Continental Breakfast 7:00-9:00 am

Lunch served at 11:30 AM

CLOSED

On weekends

for the month of July

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**Interim Executive Director:** Kerran Vigroux  
kvigroux@lowellma.gov

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**Receptionist:** Tara Donnelly  
978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** Carol Lannan  
978-674-1169 ~ CLannan@lowellma.gov

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**Outreach Caseworker:** Amy Medina Leal  
978-674-1167 ~ aleal@lowellma.gov

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**SHINE****Serving Health Insurance Needs for Elders**

Joan Gong ~ 978-674-1173 ~

Mondays: 8:30-10:30 AM

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COA—Pollard Library Annex ~ 978-970-4186

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**Legal Services Assistance & Referrals**  
For an appointment call: 1-800-342-5297**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Mary Donnelly**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo*

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**Next meeting:****Monday, September 9th****at 9:00am - Public Welcome****Senior Abuse  
Hotline Number**To report suspected elder  
abuse, call: 1-800-922-2275**DTA Hotline (SNAP/  
Food Stamps)**Direct line for seniors:  
1-833-712-8027**Are you having a  
problem with your  
in-home caregiver?**1-800-243-4636  
Press #5 to speak to an  
Elder Services Ombudsman.



## LCOA bus trips ~ ages 60+ ONLY ... Motor-coach bus trips ~ ages 18+

All trips must be paid **in full one month prior** to travel date.

The office is open from 6:30am-2:30pm.

Detailed flyers available outside the 2nd floor office.

For more info, contact Carol Lannan at 978-674-1169 or [CLannan@lowellma.gov](mailto:CLannan@lowellma.gov).

CASINO Trips ... You **MUST** have your **LICENSE** or **PICTURE ID** with you for the Casino entrance

Twin Rivers—Stay Tuned for details about the next trip!

September Atlantic City trip—**SOLD OUT!**

## SENIOR CITIZEN TEXTING CODES

|                 |                                            |
|-----------------|--------------------------------------------|
| <b>ATD</b>      | At The Door                                |
| <b>BFF</b>      | Best Friend Fell                           |
| <b>BTW</b>      | Bring The Wheelchair                       |
| <b>BYOT</b>     | Bring Your Own Teeth                       |
| <b>FWIW</b>     | Forget Where I Was                         |
| <b>GGPBL</b>    | Gotta Go Pacemaker Battery Low             |
| <b>GHA</b>      | Got Heartburn Again                        |
| <b>LMDO</b>     | Laughing My Denture Out                    |
| <b>OMMR</b>     | On My Massage Recliner                     |
| <b>OMSG</b>     | Oh My! Sorry, Gas                          |
| <b>ROFLACGU</b> | Rolling On Floor Laughing And Can't Get Up |
| <b>TTYL</b>     | Talk To You Louder                         |

Best of Times Travel Proudly Presents

**ELTON JOHN** Live in Concert **BILLY JOEL**

**FACE TO FACE**



**Thurs. 10/17/19 The Ultimate Tribute Show \$79**



**RICKY NELSON**

*Remembered*

Performed by  
his identical twin sons:  
**Matthew & Gunner Nelson**

**Thursday, November 14th, 2019 ... \$85**

**Johnny Mathis**

**Christmas**



**The Ultimate Tribute**  
**Starring David Robbins**

**Tuesday, December 3rd**  
**Danvers Yacht Club \$79**

# Newport Playhouse

**Tues., September 17 ... Bingo ... Surf & Turf**



(By Allan Stratton)  
Director: Rick Bagley

David, a young English professor, has his goals of stability and tenure thrown into chaos by an alcoholic colleague, her hysterical husband — his boss — a romantic poetry student, and an insurance salesman with a wife addicted to bingo. Matters become hilariously complicated in this fast moving comedy.

**Tues., October 15 ... Boeing, Boeing ... Lobster**



(By Camoletti, Cross & Evans)  
Director: Daniel Lee White

The play centers on bachelor Bernard, who has a flat in Paris and three attractive flight attendants all engaged to him without knowing about each other. But Bernard's life gets bumpy when his friend Robert comes to stay, and a new, speedier Boeing jet disrupts his careful planning. Soon all three flight attendants are in the city simultaneously and timid Robert forgets which lies to tell to whom, and catastrophe looms.



## Durable Medical Equipment Loan Program

Mondays-Fridays 8:00 AM to 4:00PM

The Lowell Senior Center makes available Durable Medical Equipment such as the equipment listed below. Our inventory is 100% dependent on donations. What we have available is never the same one day to the next. The City of Lowell is not responsible for any accident from the use of the loaned equipment.

At this time, we are accepting wheelchairs and rollators in good, working condition. We have canes and walkers in stock.



## **Cribbage Players Needed!**

Tuesdays 12-3

If interested ... see Tara

## \$7.00 Day Trips for ages 60+

| <u>July</u>   | <u>trips</u> | <u>on sale beginning</u> | <u>June 24</u> |
|---------------|--------------|--------------------------|----------------|
| <u>Day</u>    | <u>Date</u>  | <u>Destination</u>       | <u>Depart</u>  |
| Monday        | 7/8          | Salisbury Beach          | 9:00 am        |
| Tuesday       | 7/9          | Rockport                 | 9:00 am        |
| Thursday      | 7/11         | Newburyport              | 9:00 am        |
| Monday        | 7/15         | Old Orchard Beach        | 8:30 am        |
| Thursday      | 7/18         | Ogunquit Beach           | 8:30 am        |
| Friday        | 7/19         | Hampton Beach            | 9:00 am        |
| Monday        | 7/29         | York Beach               | 8:30 am        |
| Tuesday       | 7/30         | Kimball Farms            | 10:30 am       |
|               |              |                          |                |
| <u>August</u> | <u>trips</u> | <u>on sale beginning</u> | <u>July 22</u> |
| <u>Day</u>    | <u>Date</u>  | <u>Destination</u>       | <u>Depart</u>  |
| Thursday      | 1            | Hampton Beach            | 9:00 am        |
| Monday        | 5            | Old Orchard Beach        | 8:30 am        |
| Friday        | 9            | Quincy Market            | 9:00 am        |
| Tuesday       | 13           | Newburyport              | 9:00 am        |
| Thursday      | 15           | Rockport                 | 9:00 am        |
| Monday        | 19           | Salisbury Beach          | 9:00 am        |
| Thursday      | 22           | Ogunquit Beach           | 8:30 am        |
| Thursday      | 29           | York Beach               | 8:30 am        |

16 seats available!

All \$7.00 trips are payable by check or money orders **ONLY!** NO REFUNDS.

Please be sure to sign-up for trips right away & call if you need to cancel. Some trips fill up fast and we need a minimum of 4 people or the trip could be cancelled.

Place & time subject to change! A trip may be cancelled due to inclement weather.



## Prevent Tick and Mosquito Bites ... Use insect repellent

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone



### Tips for everyone

- Always follow the product label instructions.
- Reapply insect repellent as directed.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.

### Tips for babies & children

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

### Natural insect repellents (repellents not registered with EPA)

- We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents.
- To protect yourself against diseases spread by mosquitoes, CDC and EPA recommend using an EPA-registered insect repellent.
- Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.

### Wear long-sleeved shirts and long pants

- Treat items, such as boots, pants, socks, and tents, with permethrin or buy permethrin-treated clothing and gear.
- Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions.
- Do not use permethrin products directly on skin.

Last reviewed: January 24, 2019

Content source: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of Vector-Borne Diseases (DVBDD)

## Lowell Senior Center Singers

Rehearsals:  
Mondays at 1:00 pm  
2nd Floor Classroom



Mondays  
8:30 am

2nd Floor  
Nurse's  
Clinic

Meet  
Councilor  
Joan  
Gong

First come, first served!

## Foot Clinic

with Diane Stanley, RN

3rd Thursday of the month  
9:00am – 12:00pm ... \$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.



Call Amy for appointments:  
978-674-1167  
2nd Floor Nurse's Clinic

## Doctor's, Nurse's & MORE

Blood Pressure & Weight Check with

**Circle Home, Inc.:**

the 2nd Tuesday from 8:00—10:00 am &  
the 3rd Tuesday from 10:00 am—12:30 pm

**Commonwealth Nursing:**

the 1st & 4th Tuesdays  
from 10:00 am—12:00 pm

**Albert Gauthier RN:**

Wednesdays from 9:30—11:30 am

**Dr. George Potamitis from Pro-Rehab:**

Question and Answer sessions  
Wednesdays from 10-11 am  
Will not be available in June

**FOOT CARE with Diane Stanley, RN**

3rd Thursday of the month  
Please call Amy for an appointment  
at 978-674-1167  
\$30

**Affordable Hearing with Christopher**

**Streeter:** Hearing Testing, Hearing  
Instrument Testing. 4th Wednesday of each  
Month from 10:00am-11am in Board Room.  
Please call 978-674-1172 for appointment.

## Are you Eligible for A Tax Exemption

Statutory Exemption applications are available starting July 1st in the Assessors office. All Exemptions must be filed on an annual basis. Applications are available from July 1 through 3 months after the mailing of the actual Tax Bill. Please note: All exemptions require that the applicant must own and occupy the property for which the exemption from taxes is sought.

The following is a breakdown of the Statutory Exemptions offered by the City of Lowell:

- Must be at least 70 years old on or before July 1<sup>st</sup>
- A surviving spouse who owns and occupies the property as their residence
- A minor child of a deceased parent
- Veterans – Applicant must certify through Veterans' Administration, at least a 10% disability connected with war service
- Blind Persons – Application must be legally blind and provide proof via a certificate for the Division of the Blind.

If you think you qualify for any exemption offered, please call the Assessors Office at (978) 674-4200, Monday, Wednesday and Thursday from 8:00 AM to 5:00 PM Tuesday 8:00 AM to 8:00 PM and Friday 8:00 am to 12:00 PM.



## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so  
we are out the door in one hour!)*

Great Hall



## YOGA

with Christine Connolly, RN, BSN, RYT  
500-hour Kripalu Yoga Teacher, Reiki II Practitioner

Wednesdays

2nd Floor Classroom

10-11 am ~ All Welcome

11:15– 12:15 pm ~ Veterans Only

\$5.00 per class

Helps with arthritis, flexibility, strength,  
mobility, range of motion, pain, high blood  
pressure, breathing, circulation, & stress!





**Mah-Jong**

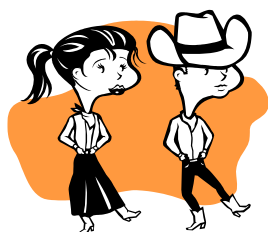
Mondays

12:00  
to  
3:00 pm

Board Room

**Country Line  
Dancing**

with Marcella Groulx

Tuesdays  
(except 2nd Tuesday  
of every month)10:00 am  
to  
12:00 pm

\$5.00

**Reiki**

with Jane Breault

SEE or CALL Tara  
Nurse's Station  
At will offering.**JOIN OUR FREE  
BRAIN HEALTH WORKSHOP!****WHERE:**  
Lowell Senior Center**DATE:**  
Thursday August 15, 2019**TIME:**  
12:00pm - 1:00pm  
OR 1:30pm - 2:30pm

PLEASE SIGN UP OR CALL STEPH AT 1-888-234-9670 TO RESERVE YOUR SPOT

**cogniciti**

Your Online Brain Health Check-Up

**BASIC COMPUTER  
SKILLS REQUIRED**

Nothing technical - Just be able to click with a mouse and type on a keyboard.

**Quilting  
Group**Wednesdays  
12:30—3 pm  
2nd Floor  
ClassroomNewcomers  
welcome,  
beginners to  
advanced!**TAI CHI**Tuesdays 10:15– 11:15  
8 weeks for \$24 or walk-ins \$5 per class  
2nd Floor ClassroomHelps with: Arthritis,  
strengthening the  
Immune system, High  
Blood Pressure, and  
Osteoporosis!  
Acupressure Points also  
taught: for headaches,  
stress, upset stomach &  
more!**Knitting & Crochet  
Group**Tuesdays 12:00—3:00 pm  
2nd Floor Classroom  
**Newcomers welcome!**

## **Veteran's Corner**

### **COFFEE SOCIAL**

Fridays, 8:00-9:30 am at the Lowell Senior Center Board Room., 2nd Floor. Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

### **Veteran's and Widows**

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

Note: The home you live in and one vehicle are not counted as assets. This is an entitlement of benefits based on your, or your spouse's, military service. Call the Veterans Services Officer to arrange an interview to see if you qualify for benefits. The law requires the Veterans' Services Officer take your application and forward it to the Massachusetts Department of Veterans' Services. If you need more information please contact your Veterans' Services Officer, Eric Lamarche 978-674-4066 [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov)

### **Lowell Veterans ID card**

IDs are available to Lowell Residents who are Veterans. Must have with you on date of appointment: DD214 ... Proof of Lowell residence ... Current Picture ID (either Massachusetts license or state ID). Please call 978-674-1595 for an appointment.

## **\$1 Roundtrip Rides for Grocery Shopping**

Call 978-674-1172  
between 9:00 a.m.  
and 3:00 p.m.

Mondays-Fridays to  
schedule your ride.

You must be  
60 or older.

## **Exercise Room**

Open Monday-  
Friday

6:30—4:00 pm

Doctor's note  
required!

The Greater Boston  
**FOOD  
BANK** 

In partnership with

Elder Services of the Merrimack Valley, Inc.

*Choices for a life-long journey*

# BROWN BAG

**Please bring  
reusable grocery  
bags, baskets, or  
a cart to carry  
your food.**

**DATES:**

July 23  
August 27  
September 24

**A distribution of pre-bagged groceries**

## B - I - N - G - O

Every Wednesday

12:00—3:00 pm

50¢ per card



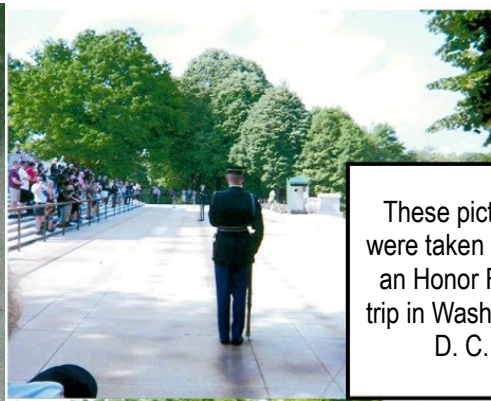
Prize  
amounts vary  
due to  
attendance.

**PLUS  
additional  
prizes!**





This is a picture of John King taken in Tokyo, Japan during the war.



These pictures were taken during an Honor Flight trip in Washington D. C.



the **healthy** living  
Center of Excellence

**My Life, My Health**



Sign Up Today for **Free** Six Week Workshop!

Friday, July 12<sup>th</sup> - Aug 16<sup>th</sup>, 2019 1:00pm - 3:30 pm

Sponsored By Elder Services of the Merrimack Valley, Inc.

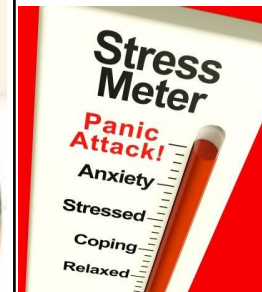
Chelmsford Council on Aging  
75 Groton Road, North Chelmsford MA

For More Info or To Register

Please call Maria Arias at 978-946-1211 or you can also call  
the Chelmsford Senior Center directly at 978-251-0533  
[www.healthyliving4me.org](http://www.healthyliving4me.org)

Find us on Facebook: <https://www.facebook.com/HealthyLivingCenterofExcellence>  
Find us on Twitter: [@HealthyLivingCE](https://twitter.com/HealthyLivingCE)

## Anxiety Support Group



With Steve  
Coupe

**Tuesdays:**  
2-3:45 pm  
2nd Floor  
Classroom





**Wii Bowling**  
**Tuesdays & Fridays**  
**1:00 - 2:00 pm**  
**2nd Floor Board Room**



| Sunday                                                                                                                                                                          | Monday                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                 | 1.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>12—MOVIE!<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B          | 2.<br>7-9 Breakfast Program 50¢<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                        | 3.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo<br>1:30-3:30 Quilting                              |
| 7.<br>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.  | 8.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 COA BOARD MTG<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B | 9..<br>7-9 Breakfast Program 50¢<br>8:00 CTI meeting (NO Line Dance)<br>8-10 Circle Health Nurse<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                   | 10.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo<br>1:30-3:30 Quilting                             |
| 14.<br>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience. | 15.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>12—MOVIE!<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B         | 16.<br>7-9 Breakfast Program 50¢<br>10-12:30 Circle Health Nurse<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                     | 17.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo<br>1:30-3:30 Quilting                             |
| 21.<br>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience. | 22<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B                       | 23.<br>7-9 Breakfast Program 50¢<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group<br>12-3-Brown Bag Day | 24.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10:00 Affordable Hearing<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo<br>1:30-3:30 Quilting |
| 28.<br>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience. | 29.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B                      | 30.<br>7-9 Breakfast Program 50¢<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                       | 31.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo<br>1:30-3:30 Quilting                             |



| Thursday                                                                                                                                 | Friday                                                                                                                                                                                                                                                                           | Saturday                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>4. CLOSED</p>                                         | <p>5. 7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social – BOARDROOM<br/>9:30 Computer/Tablet Assistance<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p>                                                                                           | <p>6. Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p>  |
| <p>11. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/>1:30 CTI Bone Builders B</p> | <p>12. 7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social—BOARDROOM<br/>9-10 Veteran's Breakfast: Speaker Steve Hines, PEER Support Specialist from Bedford VA<br/>9:30 Computer/Tablet Assistance<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p> | <p>13. Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p> |
| <p>18. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/>1:30 CTI Bone Builders B</p> | <p>19. 7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social—BOARDROOM<br/>9:30 Computer/Tablet Assistance<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p>                                                                                            | <p>20. Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p> |
| <p>25. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/>1:30 CTI Bone Builders B</p> | <p>26. 7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social—BOARDROOM<br/>9:30 Friends Meeting<br/>9:30 Computer/Tablet Assistance<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p>                                                                   | <p>27. Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p> |
|                                                       |                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                     |

**A commitment to care. A legacy of compassion. This is D'Youville.**



**Short-term Rehabilitation • Long-term Care • Independent Senior Apartments  
Adult Day Health • Alzheimer's and Dementia Care • Hospice**  
Most insurance plans accepted  
981 Varnum Ave. • Lowell, MA  
(978) 569-1000  
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**First Lowell Rehab Apartments**

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



## ATTENTION LUNCH PARTICIPANT'S ... VERY IMPORTANT!

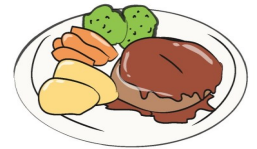
PLEASE MAKE SURE YOU SWIPE IN FOR LUNCH EACH DAY!

If you are planning on enjoying lunch, but have no key tag—Please see Tara for a swipe tag. If you have a key tag but forgot it, please see Tara to add your name to the lunch list. Even if you forgot to swipe-in before lunch, please do so afterwards so we have an accurate count. The Senior Center receives funding from agencies and we must provide accurate counts of participants.

*THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING.*



# Lunch Menu



A donation of \$2.50 is requested for **lunch that is served beginning at 11:30 am, 11:15 am on Wednesdays**. Tickets are available daily until 10:30 am. Seniors that arrive after 10:30 am may pay cash and will follow ticket holders. **Please be on site no later than 11:30 am, if you want to have lunch.** Funding for our meal program is made possible by EOEa, Merrimack Valley Nutrition, & City of Lowell. **Menu subject to change!**

| Sunday                           | Monday                                                               | Tuesday                                                         | Wednesday                                                                 | Thursday                                                            | Friday                                                         | Saturday                         |
|----------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------|
|                                  | 1. Stuffed Shells, Corn, Wheat Rolls, Peaches                        | 2. Chicken a La King, Rice, Mixed Veggies, Wheat Bread, Oranges | 3. Chicken Breast Filet, Mashed Potatoes, Green Beans, Pudding            | CLOSED<br><br>JULY 4th                                              | 5. Fish Cakes, Mashed Potatoes, Broccoli, wheat Rolls, Pears   | 6. CLOSED until further notice.  |
| 7. CLOSED until further notice.  | 8. Mac & Cheese, Stewed Tomatoes, Broccoli, Wheat Rolls, Fruit Salad | 9. Chicken Fritters, Rice, Carrots, Wheat Bread, Pudding        | 10. Salisbury Steak., Mashed Potatoes, Wax Beans, Wheat Rolls, Pineapples | 11. Vegetable Lasagna, Green Beans, Wheat Rolls, Mix Veggies, Pears | 12. Fish Squares, Rice, Spinach, Wheat Bread, Oranges          | 13. CLOSED until further notice. |
| 14. CLOSED until further notice. | 15. Hotdog & Beans, Hotdog Rolls, Coleslaw, Peaches                  | 16. Stuff Cabbage. Corn, Wheat Bread, Apples                    | 17. Meatloaf, Mashed Potatoes, Peas, Wheat Bread, Fruit Salad             | 18. Chicken Fajita Strips, Rice, Corn, Wheat Rolls, Pineapples      | 19. Tuna Salad, 3 Bean Salad, Pasta Salad, Pita Bread, Pudding | 20. CLOSED until further notice. |
| 21. CLOSED until further notice. | 22. Pork Chops, Mashed Potatoes, Peas, Wheat Bread, Mixed Fruit      | 23. American Chop Suey, Beets, Wheat Rolls, Pears               | 24. Chicken Cordon Blue, Rice, Carrots, Wheat Bread, Pudding              | 25. Chicken Salad, Pasta Salad, 3 Bean Salad, Pita Bread, Oranges   | 26. Fish, Rice, Broccoli, Wheat Bread, Peaches                 | 27. CLOSED until further notice. |
| 28. CLOSED until further notice. | 29. Chicken Dippers, Rice, Carrots, Wheat Bread, Pudding, Juice Cup  | 30. Veal Patties, Mashed Potatoes, Corn, Wheat bread, Pudding   | 31. Stuffed Peppers, Corn, Wheat Rolls, Apples                            |                                                                     |                                                                |                                  |

Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.





July 18, 2019 from 12:00-3:00 pm

Join us to learn about benefits you may qualify for out in the community. If you're already a member bring a friend. Snacks, refreshments and giveaways will be provided.

## **Fraud Alert:** **Genetic Testing Scam**

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving genetic testing. Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits. If a beneficiary agrees to genetic testing or verifies personal or Medicare information, a testing kit is sent even if it is not ordered by a physician or medically necessary.



### **Protect Yourself:**

If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items. Be suspicious of anyone who offers you free genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes. A physician that you know and trust should approve any requests for genetic testing. Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it. If you suspect Medicare fraud, contact 1-800-HHS-TIPS (1-800-447-8477)

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July 11th, 2019

10:00 am

Informational meeting on  
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## **FREE** **Computer and** **tablet assistance** **with Pierre and Don** **Fridays 9:30 – 11:30**

This is **NOT** a teaching  
classroom but a problem  
solving workshop



**2nd Floor Computer Lab**

## **Bone Builders Class**

Learn how to strengthen your  
muscles, maintain or increase bone  
density, improve your balance,  
build confidence, prevent falls,  
nutrition & lifestyle changes, &  
make new friends!

2nd Floor Classroom

See pages 10-11 for dates & times

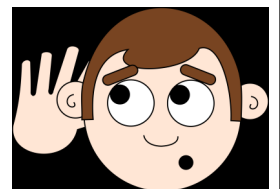
Call 978-674-1172 to register

\* Doctor's approval REQUIRED \*

## **Affordable Hearing**

Free Hearing Test

with  
Christopher  
Streeter



Every 4th  
Wednesday

10:00 am

2nd Floor Board Room

MA Lic. # 198/NH Lic. # H547

# Chocolate

Find and circle all of the words that are hidden in the grid.  
The remaining 55 letters spell a secret message.

Y S C H O D E L I C I O U S G C C  
D E E G D U F C S E O S L N A O T  
N L E M O E I R V E K S I I C C C  
A F C G I N N I I N I D U H N O O  
C F A K G S T E I F D N O G O A N  
U U K R N C W R T U I C W K A A F  
P R E A I T D E P E O L I O T R E  
C T S D K N E S E L E E L D R F C  
A R D T A E R T A T S W E I W B T  
K A C O B I M T E T H C S H N F I  
E S R A B D I E S S A P I N O G O  
M A E R C E C I E D S T U O U E N  
D S A O R R F T E H E U D R E T E  
K H M S E G O N E U D N O F Y B R  
R L P O M N T A S P I H C M C S Y  
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CUPCAKE

DARK

DECADENT

DELICIOUS

DESSERT

DRINKS

FILLING

FONDUE

FOOD

FUDGE

ICE CREAM

ICING

INGREDIENT

MILK

MOUSSE

PUDDING

SEMISWEET

SUGAR

SWISS

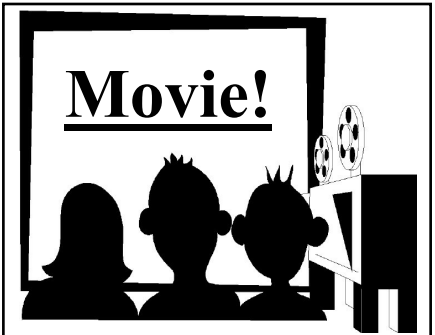
SYRUP

TREAT

TRUFFLES

UNSWEETENED

WHITE



1st & 3rd Mondays  
12:00 noon  
Popcorn will be served  
In the Card Room

## FREE Daily Bus Ride

The Lowell Senior Center offers free transportation to the Senior center 5 days a week EXCEPT HOLIDAYS. Call 978-674-1172 before 9:00 a.m. on the day you want to visit! Mondays, Tuesdays, Thursdays & Fridays bus leaves at 1:00 p.m. or Wednesdays at 3:00 p.m.

## Veteran's I.D. Card

Lowell Residents Only  
By appointment only:  
978-674-1596

Must have with you on date of appointment:  
1) DD214  
2) Proof of Lowell residence  
3) Current Picture ID  
(either Massachusetts license or state ID)





### BOARD OF DIRECTORS

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Beverly Gonsalves  
Doris Santos  
Arthur Toupin

~~~~~  
Office: 978-674-1175  
~~~~~



**Friday,  
September 27th**

**9:30 am**

**Public Welcome**

## **Friends of the Lowell Council on Aging**

### **Become a Member of the Friends of the Council on Aging Group:**

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes including ... Kitchen Equipment ... Pool Sticks ... New felt for the Billiards tables ... Social Events

Annual Fee is \$5 Per Person and membership includes voting rights

Meetings are held on the last Friday of the month at 9:30 a.m.  
in the Board Room on the second floor of the Senior Center located at:  
Lowell Senior Center, 276 Broadway Street, Lowell, MA 01854.

No meetings are scheduled in July and August.  
Donations are accepted and happily welcomed.

This month begins our summer break. The last meeting was held Friday, June 28, 2019 and we will resume our regular schedule Friday, September 27, 2019.

The board has voted to change the voting day for the Board of Directors. It has always been held the 4th Thursday in April on odd years. The next election will be on Wednesday, April 28, 2021. This is an amendment to the bylaws of the organization. It was felt more members would participate on Wednesdays since that is the busiest day at the center. The election is open to all members. Anyone wishing to be a candidate for the Board of Directors or vote in the election must be a paid member of the Friends at least one month before the election.

We are happy to have people attend our meetings. We are always open to suggestions. However there is still confusion concerning our purpose. Our board has no say as to how the Senior Center is operated. We are an organization formed to raise money to supplement the budget of the Council On Aging. Belonging to the Friends is not being a member of the Senior Center. Anyone over 60 years old can visit any senior center in Massachusetts at no charge. There is no membership fee to enjoy a Senior Center. The Council on Aging has its monthly meeting on the second Monday of every month at 9 AM. Anyone is invited to these meetings to suggest ideas for the Center as well as to better understand its purpose.

As of May 31, 2019 we had 418 FLCOA members. 366 of these members were mailed the Heritage. This is a significant added cost for the Friends. Our postage bill last year was \$2000. Virtually all the money raised through memberships goes to postage. The Heritage can be picked up at many local churches, nursing homes, grocery stores as well as here at the Center, and please let us know of places that you would like to see the Heritage displayed. It would be greatly appreciated if those of you who come to the center would have your name removed from the mailing list. We would still send all members notices in February and August for the March and September calendar drawings. Please see Claire Brodeur to notify her that you will pick up the Heritage in person rather than have it mailed to you. Thank you for helping us save on the cost of postage!



# 6 Tips for Senior Sun Safety

Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime so much fun.

Too much outdoor time, however, can lead to problems like sunburn and dehydration in elderly populations who are especially at risk for these hot-weather woes. But by taking a few precautions, problems like sunburn and dehydration in the elderly can be avoided and seniors will be able to get the most out of long summer days.



## **Wear the right clothing.**

The best summertime clothing for seniors is lightweight and made out of a breathable fabric such as cotton. Shirts should be long-sleeved, and seniors should wear wide-brimmed hats to protect from the sun.



## **Apply sunscreen early and often.**

Sunscreen takes time to work, so don't wait until you're poolside. Try to apply sunscreen about an hour before you head outside, and reapply every two hours. Look for a broad-spectrum sunscreen that protects against both UVA and UVB radiation.



## **Drink plenty of fluids.**

Seniors are less likely to feel thirsty, and dehydration can come on quickly and be dangerous. Try to drink between 6 and 8 glasses of water a day, and increase your intake if you're doing any kind of physical activity, or if the weather is particularly hot.



## **Stay indoors at the hottest hours.**

The sun is most intense during the middle of the day. If you're a tennis player or gardener, it's best to keep these activities to the early morning or evening, when the weather is cooler. Try to stay indoors when the sun is at its peak.



**WARNING:** Knowing the signs of heat stroke can save a senior's life. A flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating despite the heat are signs that immediate action should be taken. Drinking water, a cool ice pack to the back of the neck, and removal of the sun is a must at the earliest signs of these symptoms.



## **Wear eye protection.**

Seniors have very sensitive eyes. Wearing sunglasses can help reduce the cumulative damage that causes eye problems such as cataracts and age-related macular degeneration in seniors. Wrap-around styles that protect from both UVA and UVB radiation are best.



## **Check your medications.**

Some medications can cause increased sensitivity to the sun. Look over your medications, and talk to your doctor about any concerns or questions you have.





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## Inside

- 2 Contacts
- 3 Trips
- 6 Doctor's, Nurse's & More!
- 10 Calendar Events
- 12 Lunch Menu
- 14 Puzzles and More

For those who prefer reading  
The Heritage Newsletter online,  
please do the following:

Enter: [www.lowellma.gov](http://www.lowellma.gov)

Click on: Departments

Click on: Senior Center

Click on: The Heritage  
Newsletter



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THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

# Syringe Drop-off Sites In Lowell

### Lowell Health Department

341 Pine St.  
Lowell, MA 01851  
(978) 674-4304  
*Mon, Wed, Thurs:*  
8:00 am - 5:00 pm  
*Tues:* 8:00 am - 8:00 pm

### Lowell Senior Center

276 Broadway St.  
Lowell, MA 01854  
(978) 674-1172  
*Mon - Fri:*  
6:30 am - 4:00 pm

### Lowell Regional Wastewater Utility

451 First St. Blvd.  
(Rt. 110 at Dracut Line)  
Lowell, MA 01850  
(978) 674-4248  
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*Fri:* 9:00 am - 4:00 pm  
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These sites will accept your sharps in a sharps container or a puncture proof container, such as a rigid liquid detergent bottle or bleach bottle.

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